



KIDS TRIATHLON

AUGUST 15 @ 8AM-12PM



4-6 YEARS

25 YD SWIM, 1 MILE BIKE &
0.5 MILE RUN

7-8 YEARS

50 YD SWIM, 1.5 MILE BIKE &
1 MILE RUN

9-10 YEARS

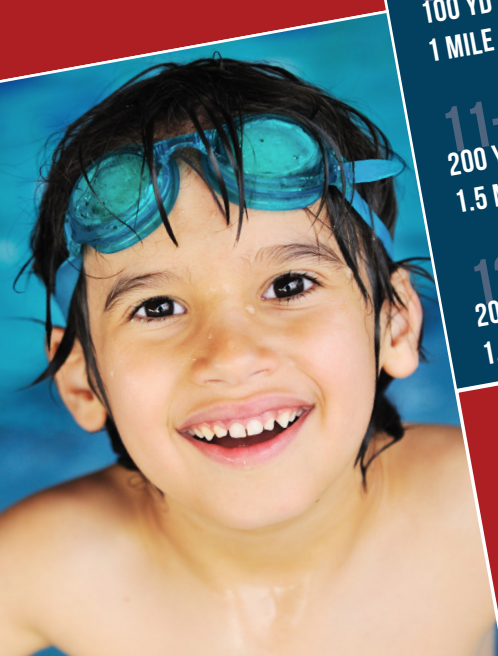
100 YD SWIM, 1.5 MILE BIKE &
1 MILE RUN

11-12 YEARS

200 YD SWIM, 2.5 MILE BIKE &
1.5 MILE RUN

13-14 YEARS

200 YD SWIM, 2.5 MILE BIKE &
1.5 MILE RUN



\$30 FOR AGES 4-14 YEARS
IDLEWILD POOL & PARK - 1805 IDLEWILD DRIVE

Participants must provide their own swim suit, goggles, towels, running shoes, socks, running clothes, bicycle and bike helmet. Participants will not be able to compete without proper attire or safety equipment. Helmets are required to be worn during entire biking segment by all participants. Parents/Guardians are required to be on-site during the entire event.

AWARDS

Each participant will receive a t-shirt for participating.
Top 3 male & Top 3 Female in each age group will receive a medal.

SIGN UP

Call 334-2262 to register
Reno.gov/parksandrec
EMNECC - 1301 Valley Rd or Idlewild Pool - 1805 Idlewild Drive

SPAGHETTI FEED

AUGUST 14 @ 5-6:30PM
Last chance to register (\$35) and pick up your packet
Dinner cost included in registration cost for 1 child and 1 adult
\$5 each additional guest

